



Feel better

Be in control

**Do the things
YOU want to do**

Join Us

Tuesdays, 8:30 am -11:00

Nov. 15th 22nd 29th

and

December 6th 13th 20th

**Fort Senior Center
307 Robert Street
Fort Atkinson, WI**

**Cost: Free for the first 15
participants**

Living Well

with Chronic Conditions

**Want relief from aches, pains or
fatigue?**

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the ***Living Well*** Workshop can help you take charge of your life.

This program is developed by Stanford University and is supported by the Aging and Disability Resource Center of Jefferson County.



To Register Call:

Jefferson County ADRC

(920) 674-8734

or

Fort Senior Center

(920) 563-7773



*"The workshops put
me back in charge of
my life, and I feel
great. I only wish I
had done this
sooner."*